

## RESPIRATORY-PHYSIOTHERAPY

### Group Treatments

Aimed at patients with obstructive diseases (COPD). The main symptom of this disease is dyspnea, and as a result, patients decrease their activity. Progressively, with the loss of activity, they also lose their independence, leading to a deterioration in their quality of life.

Respiratory muscle training: inspiratory

MMSS training: with the aim of increasing exercise tolerance, reducing dyspnea and having greater overall body coordination

Bronchial hygiene techniques: ELPR (prolonged slow expiration), ELTGOL (total slow expiration to open glottis in DL), EDIC (controlled inspiratory output exercises)

Ventilatory rehabilitation techniques: chest mobilizations, targeted ventilations+pursed lips